



State of New Hampshire Employee Wellness News

October
2012

Commissioner's Physical Activity Challenge

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Join us for 6 weeks in the 3rd Annual Commissioner's Physical Activity Challenge—a friendly physical activity promotion between October 1 and November 11. This Challenge is about being healthy by being physically active. To make it interesting, employees can compete in agency teams through the Anthem *WalkingWorks* online activity program against other agencies of similar employee size. Agencies in each grouping with the most trips between Washington D.C. and San Francisco as well as the greatest average miles per participant will win. Everyone is welcome to participate including employees and family members.

The Commissioner's Physical Activity Challenge is designed to encourage people of all ages to get moving and participate in daily activity. You can report any kind of physical activity such as brisk walking, jogging, bicycling, swimming, kayaking, and others to allow participants at all levels and ability to join in. Participants simply track and report the amount of daily activity minutes, hours, miles, or steps in the Anthem *WalkingWorks* online activity program. Individuals with disabilities may participate by logging time in a wheelchair or performing any type of physical activity that he/she is capable of doing. Once you sign up, you'll receive weekly e-mail reminders and tips, and you'll be able to track your personal and team progress.

Instructions on how to register have been detailed in the frequently asked questions posted at http://admin.state.nh.us/wellness/Wellness_News.html. This website also includes the Anthem *WalkingWorks* online activity program step-by-step instructions and the agency groupings. Please contact Mike Loomis with the Department of Administrative Services at 603-271-4103 or Lisa Marzoli with Anthem at 603-695-7559 for additional questions or assistance.

We're on the web!
Visit
[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)





Agency Worksite Wellness Events

Department of Health and Human Services

October 23, 9-10 am: There will be a presentation on the dangers of carbon monoxide and information about the symptoms of poisoning and the risks of portable generators and other small motors in the Health and Human Services Auditorium at 29 Hazen Drive, Concord. To RSVP call 603-716-2900.

October 30, 8-11 am: There will be a wellness series presentation in the Doloff Building in Concord. If you would like more information about this training, please contact ODS at 271-9471.

Department of Transportation

October 18, 8 am-3 pm: The Lancaster District shed will host a Environmental, Health and Safety Day. Please contact Paula Nash at 271-0559 for more information.

October 24, 8 am-3 pm: The Wakefield District shed will host a Environmental, Health and Safety Day. Please contact Paula Nash at 271-0559 for more information.

October 25, 10 am-3 pm: The Hooksett Turnpike shed will host a Environmental, Health and Safety Day. Please contact Paula Nash at 271-0559 for more information.

Wellness Coordinator Training Session

October 11, 8 am-12 pm: Please contact Mike Loomis at 271-4103 for more information.

Events in Your City or Town

Visit www.visitnh.gov, click on "What To Do" and select "Event Calendar" to find out what's happening in your community in October.

October



National
Health
Observance

Breast Cancer
Awareness

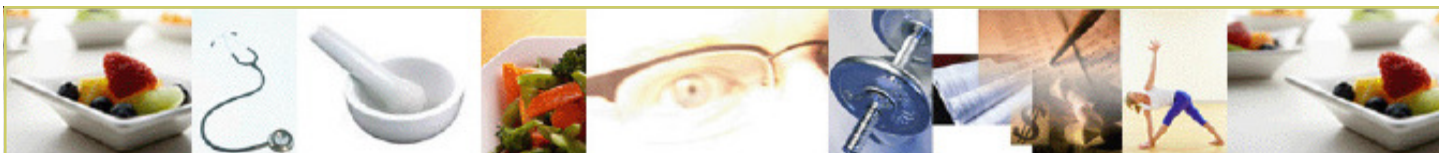
www.healthfinder.gov

Wellness Coordinator Corner

September Wellness Display—Take a look at the "DESTRESSABILITY" display one agency posted materials and resources on. They also printed out the LGC "A Piece of Peace" presentation for review.

Employee Wellness Screenings—Lisa Marzoli, Anthem Wellness Coordinator, continued her employee wellness screening road show to Health and Human Services District Offices throughout the state in August and September. If your agency would like to schedule employee wellness screenings or host additional screenings at agency worksites, call 271-4103 or email Michael.loomis@nh.gov.





Worksite Wellness Resources

The workshops, demonstrations, and individual services listed in the worksite wellness resources section provided by Anthem, Delta Dental, Local Government Center and the Employee Assistance Program are free to employees

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Worksite Wellness Resources

Local Government Center

Hand Washing Demonstration—

Two-thirds of all foodborne illness is transferred by the hands. Millions of people suffer from illnesses that are attributable to pathogens that can be controlled by proper hygiene. GloGerm provides awareness on germs and how easily they can spread and how proper hand washing can minimize the risk of developing illness from germs.

To schedule this free demonstration, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-646-2758 ext 208 or email wbyron@nhlgc.org

Anthem

Reducing Stress for a Healthy Holiday Season—

Life is busy enough, but for most of us the holiday season can be a source of additional stress. Much of our holiday stress is self-induced. Our desire to have the best holidays possible can be overwhelming. Instead of enjoying the holiday season, we spend that time stressed and worried about how to make our holidays perfect. If you tend to feel more frazzled than festive, taking the time to learn and use a few time management and stress-reducing exercises can make a huge difference. You will feel more in control.

To schedule this free workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at (603)695-7559 or e-mail lisa.marzoli@anthem.com

Delta Dental

Health Through Oral Wellness

Provides information and resources on how proper oral care can have a beneficial effect on overall health and wellness. It will also illustrate how poor oral health can contribute to disease and exacerbate conditions such as heart disease, diabetes, and others.

To schedule this free workshop, have your agency Human Resource or Wellness Coordinator contact Jean McPheters at (603) 223-1281

Employee Assistance Program

The Power of Positive Thinking—

Your basic outlook on life, whether pessimistic or optimistic, is learned in infancy and early childhood. Because it is learned at such an early age, you may believe that attitudes can't really change. While it takes practice and the willingness to take a long, hard look at yourself, you can cultivate a more optimistic outlook of the world and a more positive viewpoint of yourself and your actions. In the modern world, there are more benefits to a viewpoint, which includes a greater amount of optimism. These include: better overall health, more rapid recovery from injury or illness and fewer stress or depression-related problems to name a few. This program prompts you to ask yourself some hard questions to uncover your motivation to increase the level of positive thinking in your life.

For more information on this workshop or to schedule it at your worksite, contact EAP at 603-271-4336



Flu Vaccination Opportunities

This year's flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. (www.cdc.gov/flu)

Seasonal flu vaccine clinics have been scheduled around the state for active employees (full and part-time). If your agency has scheduled a clinic, they will send out an announcement on where and when it will be held.

If you cannot attend a flu shot clinic scheduled at your worksite or a nearby agency, there are a few other options listed below:

If you are covered by the State employee Anthem medical plan, you can:

Make an appointment with your PCP – if billed as a routine well-visit, there will be no copayment required; otherwise the applicable PCP copayment would apply. This benefit is also available to State retirees and spouses/dependent children for active employees or retirees, who are covered by the State's health plan.

If you are covered by the State employee Caremark prescription drug benefit plan, you can:

Effective October 10, 2012 or later, you can visit a participating pharmacy that contracts with the Caremark prescription drug benefit plan (no copayment required if you are covered by the plan)

- Choose from more than 50,000 participating pharmacy locations, including CVS pharmacy. To find a participating pharmacy near you, contact a Caremark Customer Care representative at 888-726-1630.
- Please contact the participating pharmacy to determine any age restrictions (for dependent children), vaccination availability, and if an appointment will be required.
- Bring your Caremark prescription card and a valid photo ID.
- This benefit is also available to State retirees and spouses/dependent children for active employees or retirees, who are covered by the State's health plan.

If you are an active State employee and are NOT covered by the State's health plan you are still eligible to participate in the flu shot clinics. You can either:

- Use another insurance plan (HCS is capable of billing other Anthem plans, Harvard Pilgrim, and Medicare) or
- Self-pay the \$25 fee with cash or check (made payable to HCS)



Everyone 6 months and older should get a flu vaccine each year. This recommendation has been in place since February 24, 2010 when CDC's Advisory Committee on Immunization Practices voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people.



October is National Breast Cancer Awareness Month



Dear Fellow State Employees:

Ask most women what disease they fear, and you're likely to hear breast cancer. Breast cancer occurs when cells in the breast divide and grow without normal control. Due to the increased use of mammography, most women in the United States are diagnosed at an early stage of breast cancer, before symptoms appear. Breast cancer is the most commonly diagnosed cancer among women in New Hampshire and accounted for nearly 30 percent of new cancer cases between 2003 and 2007.

October is a great time to schedule your mammogram because it is National Breast Cancer Awareness Month, an annual campaign organized by major breast cancer foundations and advocacy organizations to increase awareness about the importance of early detection. Getting regular screening tests and effective treatment is the best way for women to lower their risk of dying from cancer. Breast cancer can be diagnosed early, when it is more likely curable, with mammograms. We want to increase the percentage of women in the State Health Benefit Program that are getting Mammogram screenings, which is currently 52.1% for ages 40-49, 61.6% for ages 50-59, and 64% for ages 60 and over. The State Health Benefit Program and its partners want to ensure that everyone not only knows about the life-saving importance of early detection – but also get their screenings as recommended.

Talk to your doctor or a loved one about getting screened for breast cancer. You can also call the American Cancer Society at 1-800-ACS-2345 or visit www.cancer.org to:

- **Learn about cancer**
- **Stay healthy**
- **Find support and treatment**
- **Explore research and get involved**



If you and/or a dependent are covered by the State Employee Health Benefit Program, there is no co-pay for mammogram screenings. However, if you are not, the Let No Woman Be Overlooked program provides free breast and cervical cancer screenings to women who meet recommended screening guidelines, live in NH and are between the ages of 21-64, are uninsured or underinsured and have a limited income. Many women are not aware that if they meet the age and income criteria they can receive FREE breast and cervical cancer screening in New Hampshire through the Let No Woman Be Overlooked Program. To determine if you or someone you know is eligible please call 1-800-852-3345, X 4931 or visit www.dhhs.nh.gov/dphs/cdpc/bccp/index.htm

Don't forget, state employees in the Health Benefit Program can receive a cash incentive for getting their mammogram at a cost-effective facility. Contact Compass SmartShopper at 1-800-824-9127 prior to your next mammogram to find out what facilities qualify for an incentive.

Sincerely,

Linda M. Hodgdon
Commissioner, Administrative Services